



NOVEMBER 2020









Don Mills

KEEPING YOU SAFE: NKS continue to exceed Government health and safety requirements.

STRIPE WEEK: Download our phone App nks-donmills to practice your stripe requirements. (Syllabus Video).

PARENTS - Join our dojo & train with your child - you will inspire them and enhance your relationship.

THANK YOU GIFT - Refer a member during the month of November. When they enroll in our Foundations program you will receive a pair of hand pads for home practice. KIAI!!!

	SUN	MON	TUE	WED	THU	FRI	SAT
Invitation ONLY: Black Belt prep 1	<i>STRIPE TESTING</i> White to Blue Belts		<i>STRIPE TESTING</i> White to Blue Belts		<i>STRIPE TESTING</i> White to Blue Belts		<i>STRIPE TESTING</i> White to BI
Invitation ONLY: Black Belt prep 8	<i>STRIPE TESTING</i> Purple & Brown Belts		<i>STRIPE TESTING</i> Purple & Brown Belts		<i>STRIPE TESTING</i> Purple & Brown Belts		<i>STRIPE TESTING</i> Purple
Invitation ONLY: Black Belt prep 15	FOCUS on: KICKS  16	FOCUS on: KATA  17	FOCUS on: SELF-DEFENCE  18	FOCUS on: FLEXIBILITY  19	FOCUS on: STRENGTH  20	FOCUS on: WEAPONS (Masters)  21	
Invitation ONLY: Black Belt prep 22	FOCUS on: STANCES  23	Exam Night 4:30 - 5:30 White to Adv. Orange 5:45 - 6:45 Green to Adv. Purple 7:30 - 8:30 Adults All Belts & Junior Brown belts  24	FOCUS on: SPARRING COMBOS 25	FOCUS on: HOW TO PRACTICE 26	FOCUS on: AT HOME EXERCISES 27	FOCUS on: SPEED DEVELOPMENT 28	
Invitation ONLY: Black Belt prep 29	FOCUS on: DETAILS 30	COVID SELF-DEFENCE. We have strict protocols in place. Please come changed and bring a water bottle. Sign up online and select your two classes. Dojo classes will be simulcast on Zoom. All inquiries: donmills@northernkarate.com					